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MONTHLY

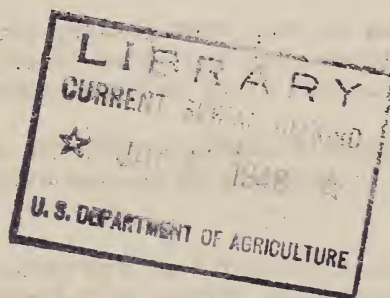


INDUSTRIAL NUTRITION SERVICE

For employee publications, and individuals
and groups promoting nutrition education

U. S. DEPARTMENT OF AGRICULTURE
Commodity Credit Corporation
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FOOD NEWS

We must eat the right foods daily to protect our health. One of the best ways to improve diets is to eat more fruits and vegetables and drink more milk. Industrial workers, who set a high value on health and a full, active life which good health brings, know their A-B-C's in food value.

PLENTIFUL FOODS

Cabbage, Irish potatoes and sweet potatoes are plentiful throughout the nation this month. All are among the Basic 7 foods essential to good health, so eat them when they're on the plant menu.

CABBAGE FOR VITAMIN C

If there's anything more delicious than properly cooked, garden-fresh cabbage served piping hot, it's cold, crisp, vitamin-rich cabbage shredded in salads or slaw.

Cabbage is rich in vitamin C so necessary in maintaining healthy body tissues and in regulating muscle tone. Since vitamin C is likely to be lacking in the industrial worker's diet, choose cabbage often at the plant cafeteria.

POTATOES ARE PLENTIFUL

The 1945 bumper crop of potatoes - both Irish and sweet - is now rolling to market. There's not as much vitamin C in a serving of

either Irish or sweet potatoes as there is in an orange but they can provide as much as a third of the daily requirement of vitamin C when eaten in generous amounts.

Both kinds of potatoes are a fair source of iron which is needed to build red blood cells. Moreover, sweet potatoes provide a rich source of vitamin A needed to maintain normal vision at night... for normal growth...and for normal resistance to infection of the respiratory tract.

MORE POULTRY ON THE WAY

It's good news to know that poultry is more plentiful now for civilians. Chicken pies and other favorite chicken dishes will soon be appearing on the plant cafeteria menu.

What's more there's chicken again for Sunday dinner at home. Stuff it and roast it brown or fricassee it and serve it with noodles or rice.

For good recipes and for the best methods of preparing and carving poultry, write to the Office of Information, U. S. Department of Agriculture, Washington 25, D. C. for Poultry Cooking, Farmers' Bulletin No. 1888.

DRINK MILK AND MORE MILK

Milk is an important food because it's a relatively economical source of protein and is rich in two essential nutrients...calcium and vitamin B₂ (riboflavin). Milk also contains protein, phosphorus and vitamins A and B₁. Industrial workers should drink at least one pint a day.

Vitamin B₂ (riboflavin) not only affects the growth of young persons but it's necessary to the health and well-being at all ages. Milk in all forms...sweet milk, buttermilk, cheese...is one of the most valuable sources of this vitamin.

HEALTH HINTS

Do you get that let-down feeling before your shift is over?
Do you feel tired and irritable before the day ends?
If so, try drinking milk during your rest period!

Studies show that between-meal snacks noticeably lessen irritability and fatigue and increase cheerfulness. A between-meal glass of milk is an important contribution to the daily diet of the industrial worker.

Then too, it's just that much more food for health. Good foods to accompany milk are whole-wheat or graham crackers, peanut butter and oatmeal cookies and sandwiches. Fresh fruits and citrus fruit juices and tomato juice also are nutritious between-meal snacks.

The industrial worker who sets a high value on good health will make sure his between-meal snack adds needed nourishment to his daily diet.

TAKE-HOME IDEAS

Speaking of milk, if you have bottles delivered at home, you should take necessary precautions to keep the milk out of the light if it can't be taken indoors promptly.

Scientific experiments have shown that light destroys the vitamin B₂ (riboflavin) in milk. Provide a closed box for your milkman to set the bottles in if your milk can't be taken indoors when it's delivered.

AND SPEAKING OF CABBAGE, now is the time to make sauerkraut. It's best when made with the tender, garden, fresh, vitamin-rich cabbage now on the market.

AND ABOUT POTATOES, if you have a cool, well-ventilated storage space, you might want to buy a 100-pound sack of potatoes. They have good keeping qualities and will keep for use later on.

Potatoes are more nutritious when cooked in their jackets. Skins seal in the nutrients. What's more, that part right next the skin is richer in minerals and vitamins. It's often wasted through peeling.

Be sure to wash potatoes well before cooking them in their jackets because some in the family will like to eat skin and all.

ANOTHER IMPORTANT ITEM

While we're on the subject of plentiful foods, let's go to one commodity which is in short supply. It's not exactly food but it is mighty important to everyday peacetime living.

It's our national supply of fats and oils.

We're still desperately in need of all we can get. Since imports from the Pacific were cut off, our kitchens became the chief source of supply and will remain our principal source for some time to come.

Fats and oils played a dramatic part in the war and everybody did a good job of saving and turning them in to his butcher's. But peacetime collection is no less important.

The speed with which many peacetime items return to us depends largely on the amount of fats and oils we continue to collect and turn in. Any doubt about the shortage and how important collections are is dispelled by the fact the bonus for turning in used fats has been increased from TWO to FOUR ration points per pound.

That's how important it is to save every drop we possibly can. Industrial fats and oils are needed in the manufacture of many things...such as nylon hose, soaps and soap powders, automobiles and tires, washing machines, electric irons, vacuum cleaners, clocks and dozens of other household items.

Also sheets and towels, other cotton goods, woollens, upholstery, fabrics, shoes and leather goods. All require the use of oils.

For instance, we get glycerine from fats turned in from our kitchens. Glycerine, which is a by-product of soap making or fat-splitting, is needed in paints, varnishes, plastics, enamels, pharmaceuticals and many other items.

Machined items require cutting oils for the machining. So industrial fats and oils are needed to make cutting oils.

Electric irons, washing machines, radios and other electrical appliances use wire. Fats and oils and soaps are essential to wire-drawing.

All kinds of textiles require washing at some stage in their manufacture. This takes more soap, a by-product of fats and oils.

The list goes on and on because literally almost everything we use in everyday living requires industrial fats and oils in one way or another.

Keep up the good work you're already doing.

Keep your fat salvage can in a convenient place.

SCOOP!!!! SCRAPE!!!! SAVE!!!!

Then turn it in to your butcher's.